

## Appendix D: Gold Medal Schools Program

### Vision:

A tradition of health in Utah schools.

### Mission:

“Create opportunities for students to:

- Eat healthy
- Be active
- Stay tobacco free”

The Gold Medal School (GMS) program makes it possible to provide opportunities for physical activity and healthy nutrition choices in elementary schools at a time when budget cuts and testing requirements overshadow physical activity and nutrition.

The Utah Department of Health developed the GMS program in 2001 using the State Office of Education’s core curriculum and the Centers for Disease Control’s guidelines to address overweight and obesity in elementary schools. Today, it is the most successful program for physical activity and nutrition in the state, reaching 75,741 kids in 160 schools!

### Why do schools participate?

- Healthy schools make healthy learners. Studies clearly demonstrate that students who are physically active and have good nutrition achieve higher test scores.
- Gold Medal Schools emphasize changes to physical activity, nutrition, and tobacco policies in order to create a healthier school environment. Gold Medal Schools will not change curriculum.

- The initiative will make lasting changes without putting high demands on teachers.
- Schools receive money for nutrition resources, P.E. equipment, and tobacco prevention.
- Students at Gold Medal Schools enjoy walking, a tobacco-free school environment, Safe and Active Routes to Schools, healthier faculty and staff, and much more.

### How the Gold Medal School

#### Program Works

By signing up to be a Gold Medal School, you will have happier, healthier, and smarter students, faculty, and parents. The path to becoming a Gold Medal School is divided into three categories: Bronze, Silver, and Gold. A University student majoring in health nutrition, physical education, or elementary education will be assigned to each school as a personal mentor. The mentor will help the school meet the criteria to achieve each level.

Examples of criteria include:

- School develops a policy for full implementation of the State Office of Education’s physical education core curriculum, including 90 minutes of structured physical activity each week.
- School establishes a Gold Medal Mile walking program on or around school grounds and sets a goal for each student to walk at least one mile each week.
- School develops a policy for all teachers and staff that food is not to be used as a reward nor as a punishment.

- School develops a policy for a staff wellness program.

As the school reaches each level, the school is awarded a cash prize. Bronze schools receive \$200, Silver schools receive \$300, and Gold schools receive \$500, for a total of \$1000 if the school completes all the levels. This money can be used to purchase new physical education equipment, nutrition resources, or tobacco prevention materials.

After the school reaches the Gold level the school can continue the program by becoming a Gold Plus School. Upon completion of Gold Plus, Phase I schools receive a plaque and \$100, Phase II schools receive \$200, and Phase III

schools receive \$300.

### **Partners Include:**

- A Healthier You 2002
- Action for Healthy Kids
- All 12 Utah local health departments
- Intermountain Health Care Healthy Communities
- PEHP Healthy Utah
- UDOH Tobacco Prevention and Control Program
- UDOH Violence and Injury Prevention Program
- Utah PTA

For more information please contact:  
Sarah Rigby, GMS Coordinator  
801-538-9454  
[srigby@utah.gov](mailto:srigby@utah.gov)